

How to use the NSW Sexual Violence Helpline



Full Stop Australia



About this book



This book will tell you about the
New South Wales Sexual Violence
Helpline

We call this the **Helpline**



Full Stop Australia run the Helpline
and it is funded by NSW Health.

This book uses some hard words.



There are in **bold and orange**.

A hard word list is on page 9.

What is the Helpline?

The Helpline is a phone number you can call to talk about **sexual violence**.



We tell you more about sexual violence on page 10.

It could be sexual violence that has happened to you or someone else.



The Helpline is open all the time, every day.



Everyone has the **right** to be free from sexual violence.

Rights are rules about things you get to do, be, have or experience.



Anyone can use the Helpline to talk about their experience.

You, your carer or support person can use the Helpline.



The Helpline is free to use.



You can call 1800 424 017.



Use the National Relay Service to call us.



Or use online messaging on the Full Stop Australia Website.

What happens when I call the Helpline?



When you call the Helpline a **counsellor** will answer your call.

The counsellor can help you to

- talk about your feelings
- know your rights
- talk about your experience of sexual violence.



They know how to help people with disability.

The counsellors know how to help you

The counsellor can also help you decide what to do, like

- call the police
- contact support services.



They will take you seriously.



You do not have to give your name or **personal information** to them.



You can choose to be what information you want to share.

Reaching out can be a hard step.



The counsellor will listen to you and help you.

Hard word list



A **counsellor** is a professional who listens to your worries. They can help you with hard feelings and tough situations. What you tell them is private- they can not tell anyone unless there is serious concern about safety.

Personal information means private details about you. This includes your full name, where you live, and your phone number. It also includes things you do in private or parts of your life you don't want everyone to know.

Rights are rules about things you get to do, be, have or experience. You have the right to be safe from sexual violence. No one is allowed to force you to do sexual activities - this is against the law. If someone hurts you, you can get help.

Sexual violence is when someone forces you

- to do sexual activity that you do not want to do
- makes you feel scared to say no to sex
- pushes for you to have sex after you have said no
- look at sexual pictures or videos when you do not want to.

It can also be when someone controls your body or pregnancy. Or when they say or do sexual things to you when you have not said yes to those actions.